

# EXHIBIT 6




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KEEPING YOU  
**INFORMED**  
 ARTICLES FROM DR. BELL, IFPA FOUNDER



All	Aerobic Training/Group Fitness	Business of Fitness	Children and young adult health and fitness	Core Training	Exercise Physiology	Fat Loss
Fire Fighter	Fit For Duty; Military	FITBIT	Kids	Low Back Pain and Disorder	Medical Fitness Specialist	Motivation and Personal Development
Nutrition	Online training	Personal Training	Police	Power Training	Sports Conditioning	Sports Medicine/Rehabilitation
Strength Training	Stretching / Flexibility		Weight Loss	Wellness and Health		Sprinting
					Women's Health and Fitness	



## HOLDING ON TO PREGNANCY WEIGHT – POSTPARTUM WEIGHT RETENTION

October 31, 2019 Dear Dr. Bell, I SWEAR ON THE LAST BABY HAIRS I HAVE ON MY EDGES, that my body just wants to HOLD ...



## CAUSES & TREATMENTS FOR BACK PAIN DURING PREGNANCY

September 29, 2017 Dear Dr. Bell, I'm in my second trimester and I've started experiencing bad back pain. Do you have any exercises or stretches ...

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## WHAT IS THE BEST WAY TO RECORD DUMBBELL WEIGHT?

December 7, 2016 Dear Dr. Bell, I'm new to lifting. What is the proper way to recording dumbbell weight? Do you combine the weight, or ...

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**ASK DR. BELL A QUESTION**

Send us your story or ask Dr. Bell your health and fitness question!

"\*" indicates required fields

**Name \***

First

Last

**Email \***

**Phone Number \***

**Question Category \***

Training



**Please type your question \***

**Submit question**

## FIND YOUR WAY

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## CONTACT

IFPA – International Fitness Professionals Association  
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## WE'RE SOCIAL

For the latest in health and fitness, follow us on our social media channels.



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Monday-Friday 9:00am-5:00pm EST